

**Policy & Agreement to participate in the Am I hungry? ® Mindful Eating Program**

- Payment for the Mindful Eating Program by STAY NOURISHED are to be paid in full prior to books being distributed and commencement of the program.
- Cancellations are not permitted.
- For participants outside of Australia additional shipping costs may incur depending on geographical location.
- Private health rebates may be available depending on the level of cover. I understand that it is my responsibility to claim benefits after I have paid for the program in full.
- I understand that Am I Hungry? is a mindful eating program consisting of instruction in behaviour modification techniques and nutrition and exercise education. I authorize STAY NOURISHED to help me in my lifestyle modification efforts.
- I understand that my success in this program will depend on my efforts. I accept the responsibility of participating in all or most of the sessions, reading the materials, and applying the principles that I learn.
- I understand that this program is strictly educational, and that no medical assessments, individualised therapeutic interventions or personal medical advice will be provided.
- I understand that the original concepts and methods developed by Am I Hungry?, P.L.L.C. and its owners are protected by copyright and trademark. I agree that I will not distribute, reproduce, transfer or otherwise make available to any other person the concepts, methods, and materials used in the Program, whether in whole or in part. I will not profit directly or indirectly from my knowledge or participation in any way without express written consent from Am I Hungry?, P.L.L.C.
- I understand that STAY NOURISHED will not provide or sell my name and email address to any third party.

Client Name \_\_\_\_\_ Client Signature \_\_\_\_\_

Date \_\_\_\_\_

**Do you wish to receive access to the [www.amihungry.net](http://www.amihungry.net) website?**

**This is an optional, as the Am I hungry website is separate to STAY NOURISHED.**

I choose to authorise for STAY NOURISHED to use my name and email address for the purpose of registering me with the [www.amihungry.net](http://www.amihungry.net) website to provide me with access to online tools, including but not limited to an Eating Cycle Assessment, and to contact me by email regarding upcoming programs and other related information.

Client Name \_\_\_\_\_ Client Signature \_\_\_\_\_

Date \_\_\_\_\_